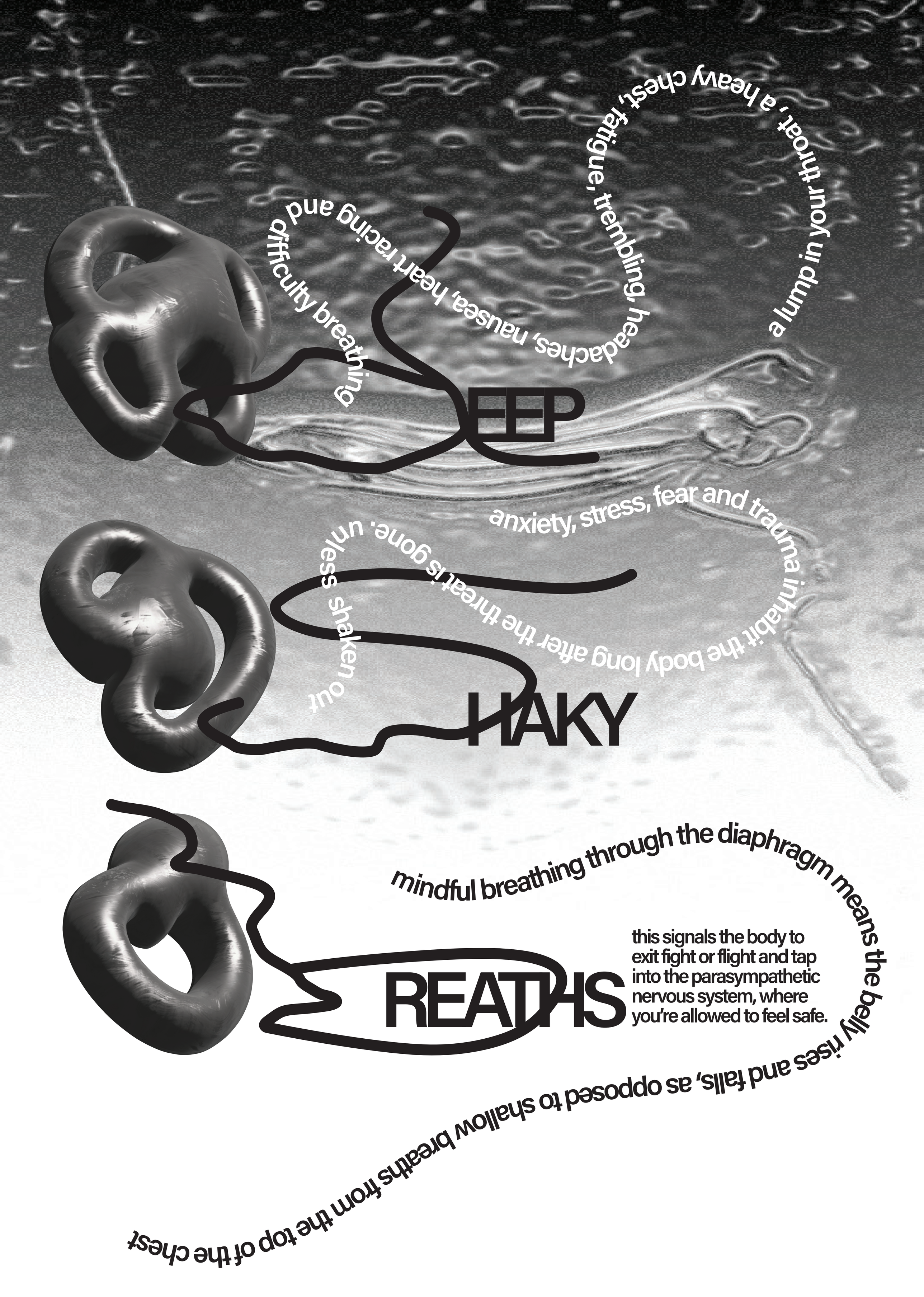
a lump in your throat, a heavy chest, fatigue, trembling,
headaches, nausea, heart racing and
difficulty breathing.
DEEP
anxiety, stress, fear and trauma inhabit the body long after the threat is gone. unless shaken out
HAKY
mindful breathing through the diaphragm means the belly rises and falls, as opposed to shallow breaths from the top of the chest
this signals the body to
exit fight or flight and tap
into the parasympathetic
nervous system, where
you're allowed to feel safe.
REATHS